



2020 Golden Years Café

Located at Northern Exposure Restaurant

4384 Deerskin Rd, Phelps, WI

Meals Sponsored by the ADRC of Vilas County

Monday	Tuesday	Wednesday	Friday
		1 Veal Parmigiana Patties with Tomato Sauce over Noodles Corn Whole Wheat Bread Fruit	3 No Senior Meals Northern Exposure will be open
6 Lasagna Dark Green Salad w/Tomato Garlic Bread Ice Cream & Fruit	7 Open-face Chicken Breast Sandwich on Whole Wheat Bread Mashed Potatoes w/Gravy Mixed Vegetables Fruit	8 Liver & Onions American Fries 3-Bean Salad Whole Wheat Roll Fruit	10 Crunchy Fish Sticks Baked French Fries Baked Beans Whole Wheat Bread Fruit
13 Chicken Cordon Bleu over Rice w/Gravy Peas Whole Wheat Bread Fruit	14 Sausage & Pepperoni Pizza Mixed Dark Green Salad w/Tomato Jell-O & Fruit	15 Ham Steak Parsley Potatoes Carrots Whole Wheat Bread Fruit	17 Broiled Fish Potato Rounds Baked Beans Whole Wheat Bread Fruit
20 Country Fried Steak Mashed Potatoes w/Gravy Mixed Vegetables Whole Wheat Bread Pudding w/Fruit	21 Beef Pasty w/Gravy 3-Bean Salad Pumpkin Pie & Ice Cream	22 Baked Chicken Baked Potato w/Sour Cream Mixed Dark Green Salad w/Tomato Fruit	24 Cheddar Cheese Bacon Pork Patty on a Whole Wheat Bun Baked French Fries Pasta Salad Fruit
27 Beef & Bean Burrito w/Lettuce, Tomato, Cheese, Sour Cream, & Salsa Fruit	28 Brat Patty on a Whole Wheat Bun Potato Salad Applesauce	29 Spaghetti w/Meat Sauce Mixed Dark Green Salad w/Tomato Garlic Bread Fruit	31 Broiled Fish Baked French Fries Baked Beans Whole Wheat Roll Fruit

***Lighter Substitute available in place of Main Entrée: Healthy Salad**

*All meals served with Fat-free Milk, Whole Grain Rolls/Bread with Margarine.

Meals served Monday, Tuesday, Wednesday & Friday at noon.

Reservations or Cancellations MUST be made 24 hours in advance.

Call **Judi Heikkinen at (715) 545-3697** to reserve or cancel a meal.